

St Andrew Boat Club

Rowing Committee – Minutes

Date 12/08/19

Venue Barnton Grove, Edinburgh



Established 1846

Present	Name	Role
	Lindsay Flockhart (LF)	Captain and S2 Coach
	Catriona Duke (CD)	Women's VC and S2 Co-ordinator
	Iain Wilson (IJW)	SW1 Coach
	Simon Lloyd (SL)	S3 and LtR Co-ordinator
	Tom Duke (TD)	Junior Rowing Co-ordinator
In attendance		
Apologies for absence	Not applicable	
Start	The meeting started at 1840h.	
Minutes of previous meeting	There were no Minutes recorded of the previous meeting.	
Training slots at Strathclyde Park	<p>There are 3 main weekend training slots at SCP: Saturday 0900-1030, and 1100-1230; and Sunday 0900-1000. Sunday is shorter owing to sailing dinghies restricting access to top 1000m after 1000. Noted that SCP safety launch drivers don;t usually start until 0900, despite facilities opening nominally from 0830. There are open/unrestricted sessions on both Saturday and Sunday afternoons.</p> <p>Provisional squad allocations agreed as to Senior 1, Senior 2, and Juniors (both genders in all) using the above training slots rotating on a weekly basis. The calendar and rota will be uploaded to Fit Club (Action: CD).</p> <p>Until otherwise agreed, the following boats will be racked and maintained at SCP:</p> <ul style="list-style-type: none">8+ Hunter (75kg) - Bronze4+ Empacher – either (90kg) – Gold4+/x Carpe Diem (80kg) – Silver4- Delphi (75kg) – Silver2-/x Graham Duffy (90kg) - Gold2- Burke (85kg) - Silver2-/x Lesley Stewart (80kg) – Silver2-/x Without the S (70kg) – Gold2-/x Harlaw (70kg) – Silver1x Lea (85kg) – Silver1x Alastair Moir (75kg) - Bronze	
Squads	<p>Looking to formalise a revolving door between squads; thus allowing athletes to move up and down according to changing circumstances. Acknowledged it is difficult to encapsulate in words and in a strict policy, the idea is to remain flexible, conducting on-going assessment of all athletes and frequent discussions between co-ordinators and coaches.</p> <p>LF circulated a pre-printed schedule of training slots at the canal.</p>	
Coaching	<p>IJW to nominate a rota of SW1 athletes to coach S2 sessions (LF to do likewise iro SM1). CD to nominate a rota of S2 athletes to coach S3 sessions. Prior to this, CD to circulate a</p>	

list of sessions which will require coaching assistance.

Boat shoes

Agreed to progress phased introduction of Bat Logic shoes for all club boats. This requires the club to buy and replace footplates in boats, and for athletes to buy their own shoes and fitting plate. Noted that most brands of rowing shoe can have a fitting plate attached. Therefore, members with their own shoes already may simply buy and attach a fitting plate.

Acknowledged that some members are more constrained financially than others. Therefore, as shoes are replaced with Bat Logic plates, the relevant shoes will be released and may be sold on favourable terms to members.

Coaching launch for SCP

All agreed that a coaching launch at SCP would be advantageous; and the absence of such is a significant hindrance.

Discussed practicalities of self-build. TD explained the process and reasons for his belief that such a project could be completed for less than £1500=.

Subject to checking with SCP (LF) that storage and usage can be agreed on satisfactory terms, all agreed that TD will lead a self-build project which will be based at TD's house until completion.

Dates of next meetings

TD to arrange calendar of future meetings, roughly every six weeks.